



**3 NUTRITION SERVICES**

*Effective: 12/1/95*

**3.34 Nutrition Education: Secondary Nutrition Education  
Contacts for Infants Certified to One Year of Age**

*Revised: 06/20/05*

**POLICY:** Infants certified to one year of age must be offered secondary nutrition education at a quarterly rate, but not necessarily occurring in each quarter. If the infant is certified at less than 3 months of age, an individual contact must be offered at 5-7 months of age, though benefits may not be denied for failure to attend. This contact is called an Infant Update.

**PROCEDURE:**

**A. LESS THAN 3 MONTHS OF AGE AT CERTIFICATION**

1. Infants certified at less than three months of age must be scheduled for three secondary nutrition education contacts.
2. Schedule an individual contact at 5-7 months of age. The presence of the infant is recommended. At this Infant Update contact:
  - a) Length and weight measurements are recommended for infants with the following risk factor(s) or circumstance(s) identified at certification or other secondary education nutrition contact. Professional judgment determines the need. If the infant is not present, WIC staff may schedule the infant for weight and length measurements, e.g., in one month.
    - (1) Underweight and at risk for underweight
    - (2) Failure to thrive
    - (3) Short stature
    - (4) Preterm, small for gestational age, low birth weight
    - (5) Not seeing a doctor regularly
    - (6) Infant of primary caregiver with limited ability to make feeding decisions and/or prepare food
    - (7) Homeless, victim of abuse/battering, foster care
    - (8) Infant born of a woman with mental retardation or alcohol or drug abuse during most recent pregnancy
    - (9) Nutrition-related chronic diseases, genetic disorders, medical conditions, central nervous system disorders
    - (10) Referral or communicated concern from the PNCC Program or a home visitation program.
  - b) Consider anemia testing if a preterm or low birth weight infant has been consuming low-iron formula or, if breastfed and has not been receiving iron



drops as recommended (starting at 1 month of age). If test is done, enter medical data date and hct/hgb in the data collection fields, but do not update risk factor codes or priority level.

- c) Enter data as needed in the data collection fields.
  - d) If the Infant Update is missed, reschedule it. Consider monthly issuance.
3. The other two contacts may be **individual or group**, with the timing and content based on identified nutritional needs. For example:
- a) Infant feeding group session at about 3-4 months of age and, at about 9-10 months of age, a group session or individual contact to follow up on nutrition concerns identified at the 5-7 month contact.
  - b) Individual contacts at one and two months of age to provide breastfeeding support. (This meets the requirement of offering secondary contacts at a quarterly rate but not necessarily occurring in each quarter.)
4. Identified nutritional needs may warrant an individual contact at 9-10 months to do anemia testing. If testing is done, enter the medical data date and hct/hgb in the data collection fields, but do not update risk factor codes or priority level.

## **B. THREE TO SIX MONTHS OF AGE AT CERTIFICATION**

Infants certified at three months to less than six months of age, must be scheduled for two secondary education contacts, with the timing and content based on identified nutritional needs. Plan and document per the policies and procedures in Policy 3.51 and 3.52.

## **C. FAILURE TO PARTICIPATE**

- 1. Drafts cannot be denied for failure to participate in these secondary nutrition education contacts (including the Infant Update).
- 2. If failure to attend these contacts is a problem, consider putting the participant on monthly issuance, decreasing the number of proxies, making reminder telephone calls, and/or providing an appointment reminder.
- 3. If an infant misses the Infant Update and comes back at, e.g., 9-11 months of age, use professional judgement in determining whether or not to recertify early. If there is no risk factor, honor the original expiration date. (Note: A recertification instead of a secondary education contact may result in the infant being counted as receiving 2 instead of the needed 3 secondary nutrition education contacts on the WIC816 report.)